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Workaholic Quiz

1. Conversation

[When you're with friends and family, what types of conversations do you have?](#) If you're a workaholic, chances are your input will almost surely be work-related. Whatever the latest huge account you are obsessed with will take center stage. You can manage to waddle through the small talk, but your conversations will always lead back to work. Your existence has been built to revolve around your job.

2. Who Are Your Friends?

How is your social life? Are the same people you socialize with also the same people you work with. Do your conversations revolve around work issues? [Friendships are made and last based on common interests](#) The workaholic is usually not able to connect long-term with others outside of his professional circle.

3. Control

Are you able to properly delegate responsibility to others on your team? Can you give up total control and trust workmates to complete an assignment? "If you want something done right, do it yourself." Do you find yourself saying that in your head, even when it's not true? The workaholic needs total control. To them, nobody could possibly do the task as well.

4. Smartphone Attachment Disorder

It's SAD. You carry it everywhere you go. The smartphone never leaves your side...even in church or on vacation. The thought of missing an important email or tidbit of information worries you to obsession. Your daughter just made an incredible sandcastle right in front of your feet. You barely look up to notice and your eyes go straight back to the phone..

5. The Roll Over Days

Your neighbor is complaining that it's only September and he or she is out of vacation days. Every year, your wife lobbies her company for more personal days to be with family. You? Last time you checked, you had 8½ weeks of rolled over vacation days. The last time you spent an entire week away from your job is when you didn't have one. You always threaten coworkers: *One of these days I'm going to take the whole month of July off.* You never do.

6. Desketeria

What is inside your bottom desk drawer? Cans of soup, crackers, and prepackaged tuna lunches? Your desk cafeteria helps rid you of that annoying human trait: hunger. Who has time for lunch? If you work through it, you might be able to justify leaving when you are supposed to leave. This way, you might catch your son's ballgame. However, if that still isn't enough, the ballgame goes on the cut list. The workaholic only takes lunches that are business related. Otherwise, it's the desk cafeteria and nose to the grindstone.

7. I'm Not Sick

Your nose is completely clogged. Your throat feels like you're gargling razor blades. *I'm not sick, I just have some allergies.* You pump yourself up with whatever over-the-counter medication you can find that is non drowsy and off to work you go. All day long, your germs spread through the office like wildfire. You might consider your dedication as productive. The ten employees you infected and who are now out sick were never a consideration in your mind. Th.

8. Middle Of The Night Brainstorming

It's 3 am. Your partner is sleeping soundly beside you. You are wide awake trying to figure out a troubling work problem. The hours tick by as you lay in silence brainstorming. Another sleepless night but you think you might have found the edge you needed. Your health and disposition may suffer, but you got what you were after. The workaholic always has trouble sleeping.

9. Your Roommate

Do you spend quality time with your partner on a regular basis? Take him or her on spontaneous adventures? Spend evenings just talking about anything with him or her? Or has your relationship become more like a roommate situation? You have your life, as does he or she!. You just happen to sleep in the same bed. Quite possibly you don't even do that. Since you are up working late on the computer, it's easier for you to just sleep in your home office. Your relationship is a shell and, at this rate, it might be headed for eventual failure.

10. Who Are Those Little People?

You certainly remember them being born. What you can't figure out is: Who are these little people making all this noise while I'm trying to work at home? *You kids go watch TV upstairs so I can work.* Do you have personal relationships with your children? Do you know who their teachers are? Their best friends? What are their hopes and dreams? Listen to a recording of "Cat's in the Cradle" by Harry Chapin. That is the fate of the workaholic.